

Medicinal Plant Images

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DOI: 10.5530/pc.2018.2.19



Figure 1: *Combretum apiculatum* Sond. (Commonly known as red bush willow) occurs across southern and eastern Africa in Angola, Botswana, Kenya, Malawi, Mozambique, Namibia, South Africa, Swaziland, Tanzania, Zambia and Zimbabwe. Plants of the family Combretaceae are amongst the most widely used plants for traditional medicinal purposes in southern Africa. In particular, many species of *Combretum* and *Terminalia* are used for their antibacterial, antifungal, antiprotozoal, antiviral, antidiarrhoeal, analgesic, antimalarial, antioxidant, anti-inflammatory and anticancer activities.¹⁻³ This photograph was taken in 2012 at the National Botanical Gardens, Windhoek, Namibia.



Figure 2: *Gomphocarpus fruticosus* (L.) W.T.Aiton (commonly known as milkweed) is a native South African plant. The dried leaves were used as a snuff to alleviate headache pain and to treat tuberculosis.³ Decoctions and infusions of the roots were ingested for general pain relief and as a diuretic and purgative. The plant contains high levels of cardiac and steroidal glycosides and may be toxic when consumed in high levels.

REFERENCE

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